



# Daily Prayer

## Holy Week 2020

### Opening Prayer

Father in this most holy of weeks, open our hearts, our minds & our spirits to the presence of your Son Jesus, our Lord. May your Holy Spirit, day by day, draw us closer into the mystery of your redeeming love. Amen

### Psalm - Monday

The Lord is my light and my help;  
whom shall I fear?  
the Lord is the stronghold of my life;  
before whom shall I shrink?

**Though an army encamp against me  
my heart would not fear.  
Though war break out against me  
even then would I trust.**

There is one thing I ask of the Lord,  
for this I long,  
to live in the house of the Lord,  
all the days of my life,  
to savour the sweetness of the Lord,  
to behold his temple.

**For God makes me safe in his tent  
in the day of evil.  
God hides me in the shelter of his tent,  
on a rock I am secure.**

From Psalm 27

### Psalm - Tuesday

Like the deer that yearns  
for running streams,  
so my soul is yearning  
for you, my God.

**My soul is thirsting for God,  
the God of my life;  
when can I enter and see  
the face of God?**

My tears have become my bread,  
by night, by day,  
as I hear it said all the day long:  
“Where is your God?”

**Why are you cast down, my soul,  
why groan within me?  
Hope in God; I will praise yet again  
my saviour and my God.**

from Psalm 42

### Psalm - Wednesday

O Lord, hear my voice when I call;  
have mercy and answer.  
Of you my heart has spoken:  
Seek God’s face.

**Instruct me, Lord, in your way  
on an even path lead me.  
False witnesses rise against me,  
breathing out fury.**

I am sure I shall see the Lord's goodness  
in the land of the living.  
In the Lord, hold firm and take heart.  
Hope in the Lord!

from Psalm 27

## Psalm - Thursday

In you, O Lord, I take refuge.  
Let me never be put to shame.  
In your justice, set me free,  
hear me and speedily rescue me.

**Be a rock of refuge for me,  
a mighty stronghold to save me,  
for you are my rock, my stronghold.  
For your**

Release me from the snares they have hidden  
for you are my refuge, Lord.  
Into your hands I commend my spirit.  
It is you who will redeem me, Lord.

**You who have seen my affliction  
and taken heed of my soul's distress,  
have not handed me over to the enemy,  
but set my feet at large.**

As for me, I trust in you, Lord;  
I say: You are my God.  
My life is in your hands, deliver me  
from the hands of those who hate me.

**Let your face shine on your servant.  
Save me in your love.**

from Psalm 31

## Psalm - Friday

Out of the depths I cry to you, O Lord,  
Lord, hear my voice!

O let your ears be attentive  
to the voice of my pleading.

**If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you.**

My soul is waiting for the Lord.  
I count on God's word.  
My soul is longing for the Lord  
more than those who watch for daybreak.

**Because with the Lord there is mercy  
and fullness of redemption.  
Israel indeed God will redeem  
from all its iniquity.**

from Psalm 116



## Reading & Reflection

(on the separate sheet)

## Time of quiet reflection



## Canticle - Monday

**Praise the Lord all you nations!**

**Christ was revealed in flesh,  
Vindicated in spirit  
Praise the Lord all you nations!**

Christ was seen by angels  
Proclaimed among Gentiles  
Praise the Lord all you nations!  
Christ was believed in throughout the world  
Taken up in glory  
Praise the Lord all you nations! 1 Tim 3:16

## Canticle - Tuesday

O come let us sing out to the Lord;  
let us shout in triumph to the rock of our  
salvation.

Let us come before his face with  
thanksgiving. and cry out to him joyfully in  
psalms.

For the Lord is a great God.  
and a great king above all gods.  
In his hand are the depths of the earth  
and the peaks of the mountains are his also.

The sea is his and he made it,  
his hands moulded dry land.  
Come let us worship and bow down.  
and kneel before the Lord our maker.

For he is the Lord our God;  
we are his people and the sheep of his  
pasture.

## Canticle - Wednesday

Blessed be the Lord the God of Israel,  
who has come to his people and set them  
free. The Lord has raised up for us a mighty  
saviour, born of the house of his servant  
David.

Through the holy prophets God promised of  
old to save us from our enemies,  
from the hands of those who hate us,

to show mercy to our forebears,  
and to remember his holy covenant.  
This was the oath God swore to our father  
Abraham: to set us free from the hand of our  
enemies. Free to worship him without fear,  
holy and righteous before him all the days of  
our life.

And you, child, shall be called the prophet of  
the Most High, for you will go before the Lord  
to prepare his way, To give his people  
knowledge of salvation by the forgiveness of  
all their sins.

In the tender compassion of our God.  
the dawn from on high shall break upon us.  
To shine on those who dwell in darkness and  
the shadow of death,  
and to guide our feet into the way of peace.

## Canticle - Thursday

Christ Jesus was in the form of God,  
but he did not cling to equality with God.  
He emptied himself, taking the form of a  
servant, and was born in our human  
likeness.

And being found in human form he humbled  
himself, and became obedient unto death,  
even death on a cross.

Therefore God has highly exalted him,  
and bestowed on him the name above every  
name.

That at the name of Jesus every knee should  
bow, in heaven and on earth and under the  
earth; and every tongue confess that Jesus  
Christ is Lord, to the glory of God the  
Father. Amen.

## Canticle - Friday

Wisdom is the brightness of eternal light,  
the spotless mirror of God's power at work,  
the image of God's goodness.

Wisdom is but one, yet she can do all  
things; Age after age, she enters holy souls  
and makes them friends of God, and  
prophets, beloved of God as her companions.  
Wisdom is more beautiful than the sun,  
surpassing every constellation of the stars.  
Her radiance is greater than the light of day;  
for day's light is followed by the night.

Against wisdom no evil can prevail;  
she reaches mightily from one end of the  
earth to the other, and orders all things  
well.



## Intercessions

For the victims of war and violence, Lord  
hear us, **Lord graciously hear us**

For those wounded by the constraints &  
the harshness of life, for those who are  
victims of the COVID-19 virus, Lord hear  
us, **Lord graciously hear us**

For the elderly and the ill who are alone,  
Lord hear us, **Lord graciously hear us**

For those who devote their energies to  
restoring peace, to creating justice, to  
helping those who suffer especially all our  
healthcare workers, Lord hear us,  
**Lord graciously hear us**

Lord Christ, you died and rose for us so  
that nothing can ever separate us from  
the love of God, may we live this day in  
the joy of your salvation, Lord hear us,  
**Lord graciously hear us**

## The Lord's Prayer

Our Father, who art in heaven,  
Hallowed be thy Name.  
Thy Kingdom come.  
Thy will be done  
On earth, as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive those who trespass against  
us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom,  
The power, and the glory,  
For ever and ever.  
Amen.



## Final Prayer

God of peace, you know each one of us,  
and you always draw close to us. Help us  
to walk in your way with trusting hearts.  
We place into your hands all who have  
asked for our prayers and all who pray for  
us. Amen

## The Grace

The grace of our Lord Jesus Christ, and  
the love of God, and the fellowship of the  
Holy Spirit, be with us all evermore. Amen